

Eventing C Mounted Lesson Plan

TITLE: INTRODUCTION TO JUMPING CROSS COUNTRY DOWN BANKS

OBJECTIVES

Long Term Goal: Riders will learn how to successfully jump cross country down banks

Short Term Goal: Rider will review and practice appropriate techniques for approaching and jumping a cross country down bank.

EQUIPMENT NEEDED:

Arena or hilly field with small down bank or cross country course with some small down bank options available. Resource: Blyth Tait's Cross Country Clinic, Kenilworth Press, 2004

AGE & RATING OF STUDENTS:

D3 or C1 and up; Age 10 & up

| What (Phases) | How (Exercises, system, games) | Why (Goal Setting) | Time (Estimates can be adjusted) |
|----------------------------|--|--|--|
| <i>Intro/Welcome</i> | Game or Method: Welcome riders, let them know that today's focus will be on approaching and jumping down banks | Teacher's goal: Meet riders, set expectations | 2 min |
| <i>Warm-up</i> | Game or Method: Warm up riders. If there the area is hilly, continue the warm up on the hills so riders can practice their balance trotting and cantering up and down hills. | Mental/Physical Prep Discuss position for hill work as needed | 20 min |
| <i>Feedback</i> | Question/Sharing Provide feedback to riders based on your observations | Teacher's Assessment See if riders have any comments or observations | 2-3 min |
| <i>Transition</i> | Practice or one time around to get idea of lesson/game, relax Introduce the concept of how to approach a down bank with eyes looking forward, not down, controlling speed by starting at a walk at first, quietly using leg to encourage the horse to jump out and down the bank. | Cement for lesson Build rider/horse confidence by having riders approach the down bank at a trot with leg softly on. | 5 min |
| <i>Lesson</i> | Game/Method to teach Goal: Have riders take turns approaching the down bank with control, reminding them to take the impact of landing on their stirrups, not the horses back, slipping reins if necessary. If available, have them utilize a number of jumps so that they can get into the rhythm of following the "course" | Achieve Goal Riders will have some repetitive practice with the focus on the down bank, but including other jumps so that they can develop a feeling of pace and rhythm. | 20 min |
| <i>Conclusion/Feedback</i> | Slow paced game/activity while teacher & students ask/answer questions Review the experience and have riders give feedback about what they expected vs. what occurred. Review strategies should a rider experience any difficulties. | Check for understanding and/ feedback for next lesson Stress the importance of practicing trotting and cantering up and down hills for balance. | 3-4 min |